



Finding Focus Challenge

July 18th - August 12th, 2016

Some studies indicate when we think we're multi-tasking, we're actually getting less done. It may be better to focus in on just one task at a time, and be mindful of what we're doing. Practicing mindfulness improves both mental and physical health. Earn 1 activity point per day for completing each of the following activities:

- Make a daily to-do list
- Take a 15-minute technology break
- Take a break for deep breathing/meditation
- 30 minutes of exercise/stretching
- No electronics 60 minutes prior to bedtime

How the Challenge Works

During the Challenge, keep track of these 5 healthy behaviors.

You will receive 1 point for every behavior you practice each day.

Daily opportunity of up to 5 points.

The goal of this Challenge is to obtain 90 points in 4 weeks

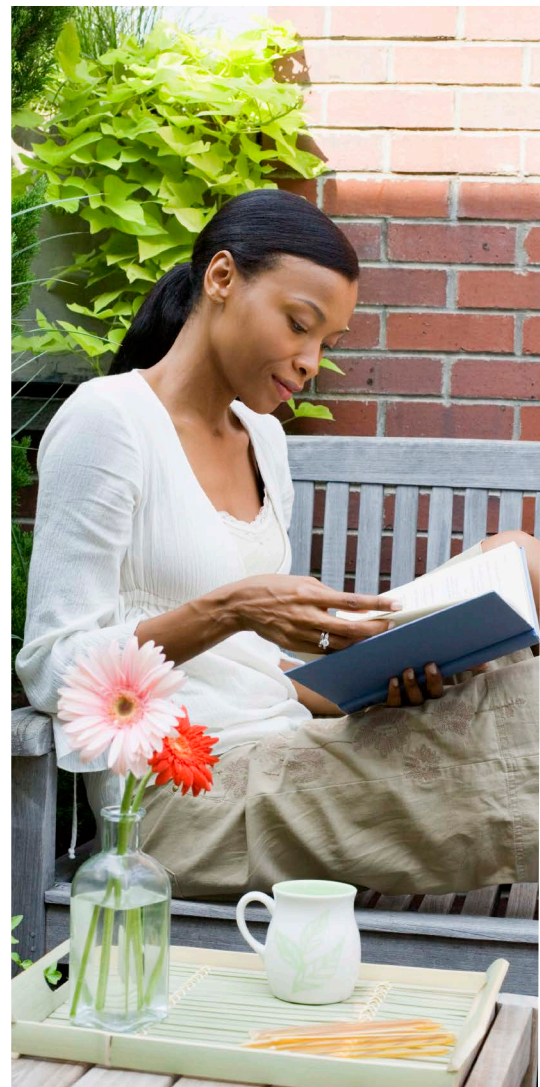
How to Track Activity Points

Track your activity online each day or weekly.

- You can use the paper tracking form for convenience.
- Be sure to record all activity points online at www.KansasHealthQuest.com to receive your Wellness Credits.



**Manage your stress
and stay in control!**



If you have a medical condition or physical limitations, take daily prescribed medicines, are pregnant or are over the age of 65, you should consult your health care provider prior to beginning any of our programs. While these programs will be helpful for most people, they may not be optimal for everyone. If in doubt, consult with your health care team.

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Finding Focus Challenge

Date: July 18th - August 12th

Goal: 90 points

Use this form for convenient daily tracking. Remember to record all of your entries online by August 12th.

How to track your healthy behavior:

- Make a daily to-do list = List point
- Take a 15-minute technology break = Tech Break point
- Take a break for deep breathing/meditation = Breath Break point
- 30 minutes of exercise/stretching = Exercise point
- No electronics 60 minutes prior to bedtime = No Elec. point

1. Select the date.
2. Enter the total number of points you earned each day (up to 5 points).
3. Record your points online at www.KansasHealthQuest.com.

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